



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09518, Raspberries, frozen, unsweetened

Report Date: July 01, 2017 01:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	85.75	14	0.990	81.79	88.47	4.0	83.001	88.501	5	Analytical or derived from analytical	--	05/2014
Energy	kcal	52	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Energy	kJ	220	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Protein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	1.20	12	0.097	0.92	1.5	3.0	0.886	1.506	4	Analytical or derived from analytical	--	05/2014
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.65	11	0.263	0.07	1.68	3.0	-0.182	1.491	4	Analytical or derived from analytical	--	05/2014
Ash <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	g	0.46	12	0.060	0.32	0.79	3.0	0.265	0.648	4	Analytical or derived from analytical	--	05/2014
Carbohydrate, by difference	g	11.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fiber, total dietary <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	6.5	13	0.657	4.1	8.2	4.0	4.646	8.294	5	Analytical or derived from analytical	--	05/2014
Sugars, total <a href="#">2</a> <a href="#">3</a>	g	4.42	5	0.147	3.6	5.86	3.0	3.95	4.885	2	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">2</a> <a href="#">3</a>	g	0.20	5	0.000	0.14	0.45	--	--	--	2	Analytical or derived from analytical	--	05/2014
Glucose (dextrose) <a href="#">2</a> <a href="#">3</a>	g	1.86	5	0.068	1.57	2.32	3.0	1.646	2.078	2	Analytical or derived from analytical	--	05/2014
Fructose <a href="#">2</a> <a href="#">3</a>	g	2.35	5	0.084	1.89	3.09	3.0	2.086	2.619	2	Analytical or derived from analytical	--	05/2014
Lactose <a href="#">2</a> <a href="#">3</a>	g	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2014
Maltose <a href="#">2</a> <a href="#">3</a>	g	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2014
Galactose <a href="#">2</a> <a href="#">3</a>	g	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2014
Starch <a href="#">2</a>	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	25	11	1.300	19	32	3.0	20.669	28.944	4	Analytical or derived from analytical	--	05/2014
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.69	12	0.046	0.46	1.08	3.0	0.541	0.837	4	Analytical or derived from analytical	--	05/2014
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	22	12	2.190	13	32	3.0	14.8	28.737	4	Analytical or derived from analytical	--	05/2014

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Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	29	11	2.779	21	37	3.0	20.389	38.074	4	Analytical or derived from analytical	--	05/2014
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	151	12	20.320	93	206	3.0	86.756	216.094	4	Analytical or derived from analytical	--	05/2014
Sodium, Na <a href="#">1</a> <a href="#">3</a> <a href="#">4</a>	mg	1	8	0.571	0	3	2.0	-1.387	3.528	3	Analytical or derived from analytical	--	05/2014
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.42	12	0.069	0.25	0.79	3.0	0.196	0.638	4	Analytical or derived from analytical	--	05/2014
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.090	12	0.019	0.03	0.16	3.0	0.03	0.149	4	Analytical or derived from analytical	--	05/2014
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.670	11	0.152	0.32	1.81	3.0	0.185	1.155	4	Analytical or derived from analytical	--	05/2014
Selenium, Se <a href="#">3</a>	µg	0.2	2	--	0	0.4	--	--	--	1	Analytical or derived from analytical	--	05/2014
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	26.2	10	5.588	11.2	37	3.0	8.409	43.973	4	Analytical or derived from analytical	--	05/2014
Thiamin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.032	12	0.008	0.01	0.06	3.0	0.006	0.057	4	Analytical or derived from analytical	--	05/2014
Riboflavin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.038	12	0.007	0.02	0.06	3.0	0.016	0.061	4	Analytical or derived from analytical	--	05/2014

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Niacin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.598	12	0.057	0.4	0.92	3.0	0.417	0.779	4	Analytical or derived from analytical	--	05/2014
Pantothenic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.329	12	0.034	0.2	0.48	3.0	0.22	0.438	4	Analytical or derived from analytical	--	05/2014
Vitamin B-6 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.055	12	0.007	0.04	0.07	3.0	0.032	0.078	4	Analytical or derived from analytical	--	05/2014
Folate, total <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	μg	21	12	5.894	7	41	3.0	2.386	39.904	4	Analytical or derived from analytical	--	05/2014
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Folate, food	μg	21	12	5.894	7	41	3.0	2.386	39.904	4	Analytical or derived from analytical	--	05/2014
Folate, DFE	μg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Choline, total <a href="#">2</a>	mg	12.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Betaine <a href="#">2</a>	mg	0.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Vitamin A, RAE	μg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

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Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Carotene, beta <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">6</a> <a href="#">7</a>	µg	12	16	8.030	0	42	4.0	-10.664	33.928	5	Analytical or derived from analytical	--	05/2014
Carotene, alpha <a href="#">2</a> <a href="#">3</a> <a href="#">6</a> <a href="#">7</a>	µg	16	12	6.054	0	31	3.0	-3.354	35.179	4	Analytical or derived from analytical	--	05/2014
Cryptoxanthin, beta <a href="#">2</a> <a href="#">3</a> <a href="#">6</a> <a href="#">7</a>	µg	0	12	0.000	0	0	--	--	--	4	Analytical or derived from analytical	--	05/2014
Vitamin A, IU	IU	33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lycopene <a href="#">2</a> <a href="#">3</a>	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2014
Lutein + zeaxanthin <a href="#">2</a> <a href="#">3</a>	µg	136	4	2.179	123	146	2.0	126.873	145.627	2	Analytical or derived from analytical	--	05/2014
Vitamin E (alpha-tocopherol) <a href="#">2</a> <a href="#">3</a>	mg	0.87	6	0.072	0.48	1.02	3.0	0.645	1.102	2	Analytical or derived from analytical	--	05/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Tocopherol, beta <a href="#">2</a> <a href="#">3</a>	mg	0.06	6	0.010	0.01	0.08	3.0	0.031	0.094	2	Analytical or derived from analytical	--	05/2014
Tocopherol, gamma <a href="#">2</a> <a href="#">3</a>	mg	1.42	6	0.141	0.77	1.7	3.0	0.97	1.866	2	Analytical or derived from analytical	--	05/2014

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Tocopherol, delta <sup>2 3</sup>	mg	1.04	6	0.155	0.44	1.46	3.0	0.551	1.536	2	Analytical or derived from analytical	--	05/2014
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Vitamin K (phylloquinone) <sup>2 3</sup>	µg	7.8	6	0.553	6.2	9.9	3.0	6.097	9.535	2	Analytical or derived from analytical	--	05/2014
<b>Lipids</b>													
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
16:0	g	0.016	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.004	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:1 undifferentiated	g	0.059	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
20:1	g	0.005	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:2 undifferentiated	g	0.249	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:3 undifferentiated	g	0.126	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4e, 2001 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5L, 2001 Beltsville MD

<sup>4</sup>Produce Marketing Association (PMA) Nutrient Content of Raspberries, 1990

<sup>5</sup>J Marlett, N Vollendorf Dietary fiber content and composition of different forms of fruits, 1994 Food Chemistry 51 pp.39-44

<sup>6</sup>J L Bureau, R J Bushway HPLC determination of carotenoids in fruits and vegetables in the United States, 1986 J Food Sci 52 pp.128-130

<sup>7</sup>A Honnava, W Rogers, R R Eitenmiller Provitamin A activity of specialty fruit marketed in the United States., 1990 J. Food Composition and Analysis 3 pp.119-133